



Anywhere idea for 2020 - Walking

Walking can be a beneficial form of exercise for many people. There are two basic needs - a safe place to walk and a good pair of shoes. Have you considered starting a walking group at work (or in your neighborhood)? Here's a link to get you started:

<http://www.commonhealth.virginia.gov/resourcescoordinators.htm>, click on *How to Start a Walking Group at Work* for more information.

We know that time can be tight during the workday especially if you have meetings to attend. This may be an excellent time to suggest that those meetings become walking meetings...groups of various sizes can meet this way. There are so many good reasons to hold a walking meeting, not just for employee health but for the team's ultimate outcome - everything from collaboration to energy and ideas can improve. Here's a link with suggestions on how to do it: <http://www.feetfirst.org/walk-and-maps/walking-meetings>

We encourage you to join in on this "anywhere" suggestion and start walking. It can be indoors or outdoors, at your worksite or a nearby path, with a small or large group. You get the idea. Moving more and getting fresh air can do a lot for you and your outlook. Start small and build momentum over time. There's no wrong way to start, just take the first step!

Do you already have a walking group going? We'd love to hear about it. Email us at wellness@dhrm.virginia.gov or send us a picture on facebook: www.facebook.com/commonhealthva

For those of you in downtown Richmond, join the March into Wellness group that meets on Tuesdays and Thursdays in the lobby of the James Monroe Building.

And be sure to participate in **National Walking Day on April 1, 2020.**

Are you looking for even more information? An additional walking resource:

https://www.cdc.gov/physicalactivity/walking/index.htm?deliveryName=USCDC_1296_DM19690

This message is brought to you by the **Anywhere Team** comprised of professionals from Department of Human Resource Management, Department of Elections and Department of Military Affairs.

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